

Stress Management BINGO

Unhealthy Eating Habits	Academic Pressure from a family member	Hindi makasabay sa trend	Resurgence of COVID cases	Naubusan ng allowance
Exams sa School	Undecided pa sa kukuning Course	Nawalan ng gamit	Brineak ng jowa	Peer Pressure
Traumatic event from the past	Unhealthy Sleeping Routine	FREE SPACE	Comparing oneself to other's lifestyle	Nagkasakit
Napara ng LTO	Toxic family member	Napatawag sa Principal's Office	Loss of a loved one	Nawalan ng Internet Connection
Hindi pinayagan ni mama/papa sa gala	Disagreement with a Family Member	Ni-reject ng crush	Unrealistic Expectations	Financial Burden

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Hindi makasabay sa trend	Unrealistic Expectations	Naubusan ng allowance	Disagreement with a Family Member	Peer Pressure
Napara ng LTO	Comparing oneself to other's lifestyle	FREE SPACE	Nagkasakit	Academic Pressure from a family member
Loss of a loved one	Ni-reject ng crush	Unhealthy Eating Habits	Financial Burden	Toxic family member
Napatawag sa Principal's Office	Nawalan ng Internet Connection	Traumatic event from the past	Undecided pa sa kukuning Course	Hindi pinayagan ni mama/papa sa gala

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Disagreement with a Family Member	Ni-reject ng crush	Brineak ng jowa	Nawalan ng Internet Connection	Comparing oneself to other's lifestyle
Unhealthy Eating Habits	Napara ng LTO	Napatawag sa Principal's Office	Undecided pa sa kukuning Course	Naubusan ng allowance
Traumatic event from the past	Financial Burden	FREE SPACE	Toxic family member	Loss of a loved one
Unhealthy Sleeping Routine	Peer Pressure	Resurgence of COVID cases	Unrealistic Expectations	Hindi makasabay sa trend
Nagkasakit	Academic Pressure from a family member	Nawalan ng gamit	Exams sa School	Hindi pinayagan ni mama/papa sa gala